

Floor Hockey Boys and girls in grades K-4th

For Troy Residents only. Floor hockey is easy and safe to play with specially designed equipment. Children stay physically

active during the winter months while playing this fast-paced game. Teams are formed according to neighborhood/school area. (Teams may be combined if an area is low in registration numbers.) Team shirt and participation award will be distributed to all players. Game times will vary.

A required coaches' meeting will be held on Wed, Dec. 9 at 7:45 pm at the Troy Community Center. Parents interested in volunteering should fill out the form at: http://www.troymi.gov/ParksRec/Sports/VolunteerCoaches/

The registration deadline is November 23. Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood. **NOTE:** program for Troy residents only.

Session: Jan 9-Mar 6 (8 weeks - no league play on Sat, Feb 13)

Act #*	Location	Day	League	Fee
114085*	Larson	Sat	Kind	\$66
114086*	Larson	Sat	1st	\$66
114087*	Larson	Sat	2nd	\$66
114088*	Larson	Sat	3rd	\$66
114089*	Larson	Sat	4th	\$66

^{*}Please indicate what school your child attends on your registration form by using letter key on the form.

Troy Adult Soccer Leagues

Troy adult soccer leagues begin in mid-June and continue through mid-August. *Teams may carry an unlimited number of non-residents on team roster.* Games are played at Firefighters and Boulan Parks. Reasonable team entry fees.

Men's 18 +	Mondays
Men's 30+	Wednesdays
Men's 40+	Thursdays
Men's 50+	Tuesdays
Women's 18+	Tuesdays
Women's 30+	Thursdays

Interested teams and players should call 248.524.3484 to receive league details which will be available April 1.



Pre-Rookie Basketball Clinic

Get a head start on your season with three hours of clinical instruction. Designed to introduce and improve basketball fundamentals and techniques in the early elementary years, the clinic will provide fun and challenging instruction. Recreation staff will lead players by building their sport confidence and teaching them how to be a team player. Don't miss out on the fun!

Location: Troy Community Center Gym

Sessions	Grade	Time
Sat, Jan 9	K-1st	9:30-11:30 am
	2nd-3rd	12:00-2:00 pm
Thur, Jan 14	K-1st	6-7 pm
	2nd-3rd	7-8 pm

Act#	Grade	Fee	Res Disc
114105 A	K-1st	\$22	\$20
114105 B	2nd-3rd	\$22	\$20

Youth Volleyball Clinic

Jump-start your volleyball game before middle school tryouts at our one-day volleyball clinic. With tryouts around the corner here's an opportunity for you to brush up on your skills. Work on serving, passing, blocks and spikes. Fee includes t-shirt. Indicate shirt size at registration.

Location: Baker Middle School

Clinician: TBD

Act#	Grade	Day/Date	Time	Fee	Res Disc
114060A	8th	Sat, Jan 9	9 am-Noon	\$41	\$36
114060B	6-7th	Sat, Jan 9	12:30-2:30 pm	\$30	\$25



We also offer Volleyball Camps during the summer through our Troy Sports Camps. In 2009, more than 1,600 youngsters participated in 18 day camps. See the Troy Sports Camp brochure coming January 20th.



Rookie Basketball An Introduction for Boys and Girls

Introduce your kindergarten-3rd grader to basketball. This non-competitive program stresses basic basketball skills along with developing sportsmanship and teamwork values. No standings will be kept.

NOTE: Troy residents only.

Use grade entering 2009-10 school year when registering

K-1st graders:

Lowered baskets and smaller sized balls encourage children to be successful and develop sport confidence. Clinics and games interspersed throughout the eight week session. Parent coaches needed to assist staff. NO weekday practices. Players game times vary between 9-10 am, 10:10-11:10 am or 11:20 am -12:20 pm. Sites stay the same. First day - attend time slot you signed up for.

Fee: \$70- residents only.

Session: Jan 16 - Mar 13 (8 weeks - no game February 13)

Act#	Site	Day	Time
114100A	Bemis	Sat	9-10 am
114100B	Troy Union	Sat	9-10 am
114100C	Bemis	Sat	10:10-11:10 am
114100D	Troy Union	Sat	10:10-11:10 am
114100E	Bemis	Sat	11:20 am-12:20 pm
114100F	Troy Union	Sat	11:20 am-12:20 pm

2nd and 3rd graders:

An instructional program, which builds skill level, confidence, and game knowledge. Parent coaches conduct weekday practices and assist at games on Saturdays. Teams have one practice during the week in addition to the Saturday session.

Time and locations will <u>vary each week</u>. Basketball sites are Bemis, Martell, Barnard and Boulan Middle School. Games times vary: 8:50 - 10 am, 10:10 - 11:20 am, 11:30 am - 12:40 pm.

A required coaches' meeting will be held on Wed, Dec 9 at 6:30 pm at the Community Center. Parents interested in volunteering to coach need to complete Volunteer Form - see details below.

Registration deadline is November 23

Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood.

Fee: \$70-residents only

Session: Jan 16- Mar 13 (8 weeks - no game February 13)

Act#	League	Day
*114101 Boys	2nd grade	Sat
*114102 Boys	3rd grade	Sat
*114103 Girls	2nd and 3rd grade	Sat

*Please indicate what school your child attends on your registration form by using letter key on the form.

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Youth Basketball Leagues

The youth basketball program is for boys and girls residing in Troy. Games are played on Saturdays. Early evening weekday practices are held once a week at local schools. Most games played at Troy or

Athens High Schools. A tee shirt is included in the fee. Players will be contacted by a volunteer coach concerning the first practice. Divisions are based on current grade as of the fall of 2009 (participants must register in the appropriate grade). Grades may be combined if needed to form a league.

Volunteer Coaches Needed!

Interested individuals should indicate so on registration form and attend the coaches meeting at the Troy Community Center scheduled for Tuesday, December 15 for winter leagues.

Please note:

- Teams are formed by school and neighborhood which may require some areas to be divided or combined.
- Teams do not stay the same from year to year.
- Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood.
- Players transferring teams is not permitted.

Use grade entering 2009-10 school year when registering

Grades 7-12

Registration Deadline - November 25

Act#	Grade	Fee
111807	Girls Grade 7/8	\$66
111810	Boys Grade 7	
111811	Boys Grade 8	Certified basketball officials
111812	Boys Grade 9	are assigned for these
111813	Boys Grade 10	divisions. Practices begin
111814	Boys Grade 11	January 9. Games begin
111815	Boys Grade 12	January 23 and end in March.

INCLEMENT WEATHER/PROGRAM STATUS:

On occasion during the winter, programs may need to be cancelled or re-scheduled. To find out the status of your program held at a school building or at the Community Center, choose from the following choices:

go online at: <u>www.troymi.gov/parksrec/weatherupdates</u> or call us at: 248.689.9756

TROY BASEBALL BOOSTERS

2010 SEASON REGISTRATION

TBB is a parent-coordinated baseball program. To participate in the Instructional League through the Bronco League, player must be a resident of Troy. In the Senior League, player must be a resident of Troy or employed in Troy. A registration form is available at: www.troybb.org

League Name Age Bracket

Instructional	8/1/2002 to 7/31/2003
Farm	8/1/2001 to 7/31/2002
Rookie	8/1/2000 to 7/31/2001
Minor	8/1/1999 to 7/31/2000
Major	8/1/1998 to 7/31/1999
Mustang	8/1/1997 to 7/31/1998
League begins in	late May through July

League Name Age Bracket

Pony/Colt 8/1/1995 to 7/31/1997

Bronco 8/1/1990 to 7/31/1995 or High School Senior

Senior Before 8/1/1990 Season begins in late May thru late July; Senior League concludes in mid-August.

PLEASE NOTE: Players whose birthdate is within four months of the minimum age requirement for the next league up (August 1) have the option of playing in the next league.

WALK-IN REGISTRATION DATES:

When: Saturday, January 30 9 am - 12 pm

Tuesday, February 9 6:30 pm - 8:30 pm Tuesday, March 2 6:30 pm - 8:30 pm

Where: Troy Community Center

Requirements:

Any player who did not play in TBB last year must bring a copy of their birth certificate. Requirements for Senior League: All Senior League players must:

- 1. Bring driver's license, or proof of Troy residency, or proof of employment in Troy; AND
- 2. Sign a liability waiver or provide proof of insurance.

COST: All Leagues - \$95

Family Plan - \$225

T annity T tan - φ223

Red Star Booster (optional fund raiser) = \$5/per family

METHOD OF PAYMENT:

Check or money order payable to TBB. Sorry credit cards are not accepted.

- 1. Complete a registration form, available at www.troybb.org. Please be sure to sign it.
- 2. If player is new to TBB, please enclose a copy of the player's birth certificate.
- 3. Enclose a check or money order payable to "Troy Baseball Boosters."
- 4. Return the form, fee, and other materials to:

TBB Registration, 2739 Knight Drive, Troy, MI 48085 For more information go to: www.troybb.org

Troy Adult Softball Leagues

Troy adult softball leagues begin in late April and continue through late July/early August. Teams may carry an unlimited number of non-residents on team roster. Games are played at Flynn and Boulan Parks. Reasonable team entry fees include Amateur Softball Association registration.

League Offerings

Men's C Tuesday
Men's D Wednesday
Men's E Monday

Coed C Monday, Tuesday

Women's D Thursday

League information will be mailed out in late January, interested teams and players should call 248.524.3484 to receive league details.

GET BACK IN THE GAME!!!!!!!

Baseball Clinic

Fundamentals of throwing, catching, fielding, pitching, bunting and hitting will be emphasized at this one-day clinic. Players 5-15 years old will participate in conditioning and baserunning drills. Equipment required: gym shoes, baseball glove, and bat (bat is optional). Players will be grouped by age and rotated through different skills stations. Catchers bring your own gear. *In case of inclement weather, make-up date will be May 13*.

Clinic Coordinators and Location: Frank DiVito, Troy High Varsity Coach and Varsity Team players at Troy High baseball field.

Act#DateLocationTimeFeeRes Disc114065AMay 6Troy High6-7:30 pm\$31\$26



Girls Fastpitch Softball Spring Mini Season

Spring season softball league for girls in grades 4 and 5 is designed to get players ready for the summer season by emphasizing the basic techniques. Teams will be coached by members of the Troy Rockets Softball program. Skill development and games will take place each week. Residents only. Limited openings, register early.

Season Dates: April 21-May 26 (6 weeks)

Act#	Location	Day	Time	Fee
121100A	Javcee	Wed	6-8 pm	\$26

Downhill Skiing/Snowboarding Program

at Mt. Holly Ski Area with Troy Parks and Recreation

Learn a new sport and enjoy this winter by joining our Downhill Ski program! Registration fees do not include rental and/or lift ticket each week. (2008-2009 prices were: Friday lift and rental-\$15 each; Saturday lift and rental-\$17 each). The lift and/or rental fees are collected each week by the Bus Supervisor. Each activity number represents a separate bus. Registration fee includes: supervision, lessons, and transportation.

PROGRAM SESSION: January 8 and 9, 2010 for 5 weeks

Important Dates/Details:

Parent orientation for first time skiers: 7 pm, Thursday, December 10 at the Community Center.

Kinderspark orientation for participants and parents: 7 pm, Tuesday, December 8 at the Community Center.

Make-up dates: February 19 and 20, and February 26 and 27 (Past history indicates at least one make-up will be used).

Prorated refunds are NOT given if you cannot attend make-up(s). Make-up is only if ski trip is cancelled by Parks and Recreation.

KINDERSPARKS – (Grades 1-3)

A fun learning experience for beginner skiers entering grades 1-3. Third graders skiing for the first time should register for this level. The day includes a 2 ½ hour lesson that includes a hot chocolate break. 1 to 5 supervision ratio. Max: 30/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	Res Disc	After Dec 1
142360A	Sat	Comm Center	8 am - 3:30 pm	\$199	\$194	\$224/\$219

ELEMENTARY SKIERS – (Grades 3-5)

This program gives a positive introduction and continuation to the sport. Each youngster must take the included five-45 minute lessons. An experienced third grader should register for this level. 1 to 8 supervision ratio; participant must ski with staff member. Youngsters are assigned to groups based on ability and if they rent or own equipment. Max: 40/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	Res Disc	After Dec 1
142365A	Fri	Comm Center	4:15 - 10:30 pm	\$136	\$131	\$161/\$155
142365B	Sat	Comm Center	8:30 am - 4 pm	\$144	\$139	\$169/\$164

ELEMENTARY SNOWBOARDING – (Ages 9-11)

This program is designed specifically for this age group. Registration includes five-45 minute lessons, supervision, and transportation. Fee does not include rental which was \$18 in 2008-09. (Current fee for this season will be published in Participant Handbook.) 1-8 supervision ratio; participant must ski with staff member. Max: 40/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	Res Disc	After Dec 1
142365E	Sat	Comm Center	8:30 am - 4 pm	\$180	\$175	\$205/\$200

MIDDLE and HIGH SCHOOL

Students in grades 6-8 or 9-12, participants will ski using "buddy system." Students do not ski with a staff member at this level. Skiers are responsible for skiing on appropriate ski level hills. Two lessons are included in fee. Students may snowboard in this age group; same fee, only one lesson. Check in time is not bus departure time. Max: 40/bus

Act#	Day	Departs From	Check-in/Return Time	Fee	Res Disc	After Dec 1
142366A	Fri	Boulan	4:15-10:30 pm	\$126	\$121	\$151/\$146
142367A	Fri	Smith	4:15-10:30 pm	\$126	\$121	\$151/\$146
142368A	Fri	Larson	4:15-10:30 pm	\$126	\$121	\$151/\$146
142370A	Fri	THS	4:15-10:30 pm	\$126	\$121	\$151/\$146
142371A	Fri	Athens	4:15-10:30 pm	\$126	\$121	\$151/\$146
142372A	Fri	Comm Ctr-gr 6-10	4:15-10:30 pm	\$126	\$121*	\$151/\$146
142369A	Sat	Comm Ctr-gr.6-8	8 am - 4:30 pm	\$150	\$145	\$175/\$170
142369B	Sat	Comm Ctr-gr.6-10	8 am - 4:30 pm	\$150	\$145	\$175/\$170

^{*}Over flow bus for all Friday night buses.

Refund Deadline: Monday, December 14; **Refunds:** There is a \$10 service charge for requesting a refund with a packet and patch returned; \$15 service charge when requesting refund without packet and patch.

Women's 50 Plus Softball

Come and join the fun with ladies of Troy Softball. Troy teams will compete in the Oakland County Women's 50 Plus slow pitch Softball league. Games are held on Tuesday evenings beginning in mid-May. Half of the games are in Troy and half in other sponsoring cities. Registration is done on an individual basis and can be done online or in person at the Troy Community Center. Space is limited.

Registration Deadline: March 30, 2010

	Act #	Fee	Res Disc
Returning players:	#121999A	\$55	\$35
New Players:	#121999B	\$55	\$35

If you have any questions, contact Scott Mercer at 248.524.3484.

Men's 50 Plus Evening Softball

League play begins in May and continues into August. Games are held on Thursday evenings in Troy and other Oakland County cities. Registration is done on an individual basis and can be done online or in person at the Troy Community Center. Space is limited.

Registration Deadline: March 30, 2010

	Act #	Fee	Res Disc
Returning players:	#121998A	\$55	\$35
New Players:	#121998B	\$55	\$35

If you have any questions, contact Scott Mercer at 248.524.3484.

Men's Senior 55 Plus Softball

The Oakland County Senior Softball League is home to several teams throughout the county that compete twice a week in various cities. ASA registration, softballs, and umpire fees are included in registration fee. **Days:** Monday and Wednesday mornings

Practice Begins: April 6, 2009

Fee: Act #121997A (Non-resident -\$80; Resident Discount-\$60)

Deadline: March 30, 2010

Pickleball Doubles 50+ Ladder Play

Sundays, 6-8 pm, Jan 10 through Mar 28 - Act #118998G at the Troy Community Center Gym - 12 weeks
Fee: \$65; \$60 Resident Discount

Registration required. Play three games with three different partners. Ladder competition among 24 individual competitors. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs will be needed. If you have questions contact Elaine T. at 248.524.3484. Equipment is provided.

Adult Tennis Leagues Troy Racquet Club

3400 Civic Center Dr.; 248.528.3400

Organized round-robin play for men and women. These leagues are designed for intermediate players, 3.0/3.5 level, according to the NTRP rating. Players are responsible for tennis balls during league play. Please note that NO REFUNDS will be granted unless we have someone to take your place.

Session: January 17-May 9 - no play 4/4

Weeks: 16

Act#	Class	Day	Time	Fee R	es Disc
112225B	Men's Singles	Sat	7-8 am	\$246	\$241
112225C	Men's Singles	Sat	8-9 am	\$278	\$273

Senior Doubles Tennis League

This league is for men and women 55 and older. Organized round-robin play is held at the Troy Racquet Club at 3400 Civic Center Drive. Doubles partners will be provided. Please note that NO REFUNDS will be granted unless we have someone to take your place.

Session: January 20-May 12

Weeks: 17

Act#	Class	Day	Time	Fee	Res Disc
112226A	55+	Wed	1-3 pm	\$166	\$161



The Troy Parks and Recreation Department and the Troy School District will once again offer many summer sports camps in 2010 for ages four-adult. Brochures will be available in January with complete camp offerings and descriptions. Listed below are the camps that will be offered beginning in mid June through early August. Watch for details in schools, local newspapers and our spring bulletin.

Baseball	Basketball	Cheerleading
Golf	Football	Gotta Dance
Soccer	Athletic Trainer	Volleyball
Lacrosse	Wrestling	Speed, Agility and Quickness
Water Polo	Track and Field	Synchronized Swimming
	Fantasy Sports	Competitive Swimming

Registration begins: January 25, 2010

Tennis Lessons

Improve your tennis game with lessons at the Troy Racquet Club (Bubble), 3400 Civic Center Drive. Participants must wear tennis shoes and bring their own racquet. Tennis balls are provided. Babysitting is available Monday-Friday until 3 pm for \$3 per hour.

Refunds for indoor tennis lessons must be requested five days prior to first class.

PeeWee - intro class to focus on hand-eye coordination.

Beginner I - Person has never played tennis in the past.

Beginner II - Maybe had one session of lessons.

Advanced Beginner - Person has had more than one session of lessons, practices skills, serious about tennis. (2.0-2.5 player.)

Intermediate - Person should be able to rally and volley comfortably with a decent serve. (3.0 player)

A Level - must be 3.5 or better.

A-B Level - Intermediate to advanced player.

Junior Excellence - Includes current tournament players, beginner tournament players or high school level.

Sessions begin: John classes - January 1 Curt and Rob's classes - January 2

JUNIORS	5-ages 7-17	Instr: Curt Smith & Staff			
Act#	Class	Day	Time	Wks	Fee/Res
112290A	Beg II (8-14)	Mon	4-5 pm	7	\$110/\$105
112290B	Int (10-15)	Wed	4-5 pm	7	\$110/\$105
112290C	Beg I (7-10)	Thu	4-5 pm	7	\$110/\$105
112290D	Adv Beg (10-14)	Thu	5-6 pm	7	\$110/\$105
112290E	Beg II (8-10)	Sat	9-10 am	7	\$110/\$105
112290F	Adv Beg (10-14)	Sat	10-11am	7	\$110/\$105
112290G	Int (10-13)	Sat	11am-noon	7	\$110/\$105
112290H	Jr Exc (10-17)	Sat	1-3 pm	7	\$191/\$186
112290J	HS Jr. Exc	Sun	6-8 pm	7	\$191/\$186
112290K	HS Jr Exc	Sun	2-4 pm	7	\$191/\$186

ADULTS Instr: Curt Smith & Staff

Act #	Class	Day	Time	Wks	Fee/Res
112295A	Int	Mon	7-8 pm	7	\$110/\$105
112295B	Int	Wed	8-9 pm	7	\$110/\$105
112295C	Coed A&B Level	Wed	9-11 pm	6	\$191/\$186
112295D	Men's A Level	Thu	8-10 pm	6	\$191/\$186
112295E	A Level Pract	Sun	8-10 pm	6	\$191/\$186

<u>JUNIORS</u>	5: ages 4-16	<u>Instr</u>	<u>: Jonn Ke</u>	<u>nneay</u>	<u>/ & Starr</u>
Act#	Class	Day	Time	Wks	Fee/Res
112305A	Beg II (6-10)	Mon	4-5 pm	6	\$96/\$91
112305B	Beg I (4-8)	Tue	4-5 pm	6	\$96/\$91
112305C	Adv Beg (8-12)	Tue	4-5 pm	6	\$96/\$91
112305D	Jr Devel (10-15)	Tue	4-6 pm	6	\$186/\$181
112305E	Beg II (8-12)	Tue	5-6 pm	6	\$96/\$91
112305F	Beg I (6-10)	Tue	5-6 pm	6	\$96/\$91
112305G	Adv Beg (8-12)	Tue	5-6 pm	6	\$96/\$91

112305H	Int (10-14)	Tue	5-6 pm	6	\$96/\$91
112305J	Beg II (6-10)	Wed	5-6 pm	6	\$96/\$91
112305K	Adv Beg (12-16)	Thu	4-5 pm	6	\$96/\$91
112305L	Int (10+)	Thu	5-6 pm	6	\$96/\$91
112305M	Jr Exc (10-18)	Fri	4-6 pm	6	\$186/\$181
112305N	Beg I (6-10)	Fri	4-5 pm	6	\$96/\$91
112305O	Beg II (6-10)	Fri	4-5 pm	6	\$96/\$91
112305P	Adv Beg (6-10)	Fri	4-5 pm	6	\$96/\$91
112305Q	Int (8-12)	Fri	5-6 pm	6	\$96/\$91
112305R	Beg I (10-14)	Fri	5-6 pm	6	\$96/\$91
112305S	Adv Beg (6-10)	Fri	5-6 pm	6	\$96/\$91
112305T	Beg I (5-10)	Sat	11-12 noon	6	\$96/\$91
112305U	Adv Beg (8-12)	Sat	12-1 pm	6	\$96/\$91
112305V	Beg I (12-16)	Sat	2-3 pm	6	\$96/\$91
112305W	Tourn Train (12-16)	Sat	2-4 pm	6	\$186/\$181

ADULTS Instr: John Kennedy & Staff

Act#	Class	Day	Time	Wks	Fee/Res
112300A	Cardio Tennis	Mon	10-11 am	6	\$96/\$91
112300B	Beg I	Mon	2-3 pm	6	\$96/\$91
112300C	4.0 Practice	Mon	5-7 pm	6	\$186/\$181
112300D	Beg II	Tue	9-10 am	6	\$96/\$91
112300E	Int	Wed	5:30-7 pm	6	\$156/\$151
112300F	Int	Fri	9-10 am	6	\$96/\$91
112300G	Beg I	Fri	10-11 am	6	\$96/\$91
112300H	Cardio Tennis	Sat	2-3 pm	6	\$96/\$91
112300J	Adv Beg	Sun	4-5 pm	6	\$96/\$91
112300K	Int	Sun	5-7 pm	6	\$186/\$181
112300L	Beg I	Sun	7-8 pm	6	\$96/\$91
112300M	Adv Beg	Sun	8-9 pm	6	\$96/\$91

JUNIORS: ages (4-16) Instr: Rob Olmstead and Staff Act # Class Day Time Wks Fee/Res 112310A PeeWee (4-6) Thu 4-5 pm 7 \$110/\$105 112310B Beg (6-10) Sun 12-1 pm 7 \$110/\$105

112310B Beg (6-10) Sun 12-1 pm 7 \$110/\$105 112310C Adv Beg (8-12) Sun 1-2 pm 7 \$110/\$105 112310D Adv Beg (10-14) Sun 2-3 pm 7 \$110/\$105

ADULTS Instr: Rob Olmstead and Staff

Act #	Class	Day	Time	Wks	Fee/Res
112310E	Beg	Mon	6-7 pm	7	\$110/\$105
112310F	Adv Beg	Mon	6-7:30 pm	7	\$165/\$160
112310G	Inter	Tue	6-8 pm	6	\$191/\$186
112310H	High -Int	Tue	8-10 pm	6	\$191/\$186
112310J	Adv (3.5+)	Tue	8-10 pm	6	\$191/\$186
112310K	Adv Beg	Sat	11am-1pm	6	\$191/\$186

PeeWee Lessons

112227A PeeWee(4-6) Mon 1-2 pm 7 \$110/\$105

Youth Tennis Camps see page 73.

Sanchin-Ryu Karate

Kids Karate, Self Defense and Project: Secure Child – trained with proven, age appropriate techniques used to protect kids from attackers. Set in a fun, yet structured environment. Achieve great self confidence and leadership through physical



techniques, mental strategies, drills and exercises. Focus on healthy attitudes versus perfection.

Family Karate – set in a fun, non-competitive atmosphere, program allows parents to learn alongside their children. Sanchin-Ryu teaches you to use your whole body, so size and stature are not an issue. Physical techniques will be instructed along with drills and exercises.

Adult Karate - a program designed to empower today's adults with knowledge that can save your life! Learn a broad range of techniques including individual strikes, advanced combinations and more. Receive training on how to deal with, get out of and counter different grabs and other attack scenarios.

Special Note: Uniforms are available, but not required. Sanchin is an ongoing study set up in sessions.

Instructor: Matt Gauthier, 2nd Degree Black Belt

Location: Morse Elementary School

Session: Wednesdays, Jan 6-Mar 24 (12 weeks)

Act#	Level	Age	Time	Fee/Res
114040A	Kids/Self Def.	4-14	6:30-7:15 pm	\$54/\$49
114040B	Family	par/child	7:15-8 pm	\$102/\$97
114040C	Adult	14 and older	8-8:45 pm	\$54/\$49

Japanese Shotokan Karate

A traditional Japanese art focuses on strong basic blocks, punches and kicks. Learn selfdefense, controlled sparring and Kata in addition to a series of techniques to defend against multiple attackers. Develop balance,



coordination, discipline, confidence, courtesy and endurance. Students wear loose-fitting clothes, no jewelry. Uniforms available for purchase. Those advancing in rank require a uniform. The minimum age is 7. For further information contact Jerry Morrone at 248.478.4623 or visit the website at www.mmshotokankarate.com

NOTE: one time additional \$20 fee for strike pads paid to instructor at class.

Instructor: Jerry Morrone, 5th Degree Black Belt

Location: Costello - Gym **Fee:** \$71 Res Disc: \$66

Session: Mondays, Jan 4-Mar 22 (10 weeks- no class 1/18, 2/15)

Act#	Level	Ages	Day	Time
114035A	Beg	7-13 yrs.	Mon	6:30-7:20 pm
114035B	Int/Adv	7-13 yrs.	Mon	7:20-8:10 pm
114035C	Beg	14 and older	Mon	8:10-9 pm
114035D	Int/Adv	14 and older	Mon	8:10-9 pm



Judo and Streetwise Self-Defense

Judo is a martial art that teaches throwing and grappling techniques used in close quarter self-defense. An Olympic event since 1964, this sport is great for all ages! We have beginners from age 6 to 50. Self-defense prepares individuals with skills of everyday survival on the street. A combination of Jujitsu, Karate and common sense skills make this class a must!

Students wear sweat pants and sweat shirts. Join our staff of 4 black belts with 22 years of experience. Head Instructor: Dan Van Hemm, 3rd degree Black Belt, Coaches: John Berra, 3rd degree Black Belt, Gary Wood, 3rd degree Black Belt, Louise Ullman, 2nd degree Black Belt. Visit our website at www.troyjudo.com. For more information contact Dan Van Hemm at 248.877.6732.

Location: International Academy East (old Baker Middle School)

Fee	Res Disc
\$71	\$66
\$136	\$131
\$40	\$35
\$75	\$70
	\$71 \$136 \$40

Session: Mondays, Jan 4-Mar 22 (10 weeks-no class 1/18, 2/15)

Act# (Indiv	.) Level	Age	Time	Family Fee
114030 A	Beg	6-13	6:30-7:30 pm	114030 G
114030 B	Int/Adv	6-13	7:30-8:30 pm	114030 H
114030 C	Beg	14 & over	7:30-8:30 pm	114030 I
114030 D	Int/Adv	14 & over	7:30-8:30 pm	114030 J
114030 F*	Self Def.	14 & over	8:30-9 pm	114030 L*

*class is 5 weeks-Jan 4-Feb 8



Troy Cowboys Youth Football & Cheerleading

Registration for the 2010 football/cheer program will take place in early March at the Troy Community Center. Registration forms, fees and detailed information can be obtained at http://www.troycowboys.org/

Gymnastics Troy Gymnastics, 1600 W. Maple,Troy 248.816.TGYM

All participants must pay an annual membership fee of \$25 paid directly to Troy Gymnastics prior to the first day class.

Activity I (Jan 4-Feb 28; 8 weeks) Activity II (Mar 1-May 2; 8 weeks)

Ages 12 months - 3 years – Class requires full parent participation and is geared toward the stages of early childhood development with the introduction of basic gymnastic skills.

Act #I	Act #II	Day	Time	Fee	Res Disc
111906A	111906AA	Mon	10:30-11:15 am	\$106	\$101
111906B	111906BB	Wed	Time 10:30-11:15 am 10:45-11:30 am	\$106	\$101

3 years – Boys and girls will begin the exploration of gymnastics basics using music, obstacle courses and more in our weekly lesson plan to create a fun environment for your child.

Act #I		Day	Time		Res Disc
111900A	111900AA	Mon	9:30-10:15 am	\$106	\$101
111900B	111900BB	Wed	10-10:45 am	\$106	

Super Tot ages 3-6 – A 2 hour class that offers 1 hour of gymnastics, snack and weekly theme units involving crafts, stories and more.

Act #I	Act #II	Day	Time	NR	Res Disc
111907A	111907AA	Mon	4-6 pm	\$186	\$181
111907B	111907BB	Fri	12:30-2:30 pm	\$186	\$181

Ages 4 to Kindergarten - Exploration of gymnastics basics and will use music and activities to create a fun environment.

Act #I	Act #II	Day	Time	NR	Res Disc
111901A	111901AA	Mon	1-1:55 pm	\$116	\$111
111901B	111901BB	Wed	9-9:55 am	\$116	\$111
111901C	111901CC	Wed	4-4:55 pm	\$116	\$111

Boys 4-6 - Basics of gymnastics on the boys equipment developing strength and coordination that can help them in all sport activities.

	Act #II		Time		Res Disc
111902A	111902AA	Wed	4:30-5:25 pm	\$116	\$111

Boys 6 and older-Weekly lesson plans will be designed to meet the needs and skills of each child. Students will be working on all apparatus.

Act #I	Act #II	Day	Time	NR	Res Disc
111903A	111903AA	Wed	5:30-6:55 pm	\$156	\$151

Tumbling 6 and older- Basics of tumbling including rolls, handstands, cartwheels, bridges, roundoffs, and intro to walkovers.

Act #I			Time		Res Disc
111912A	111912AA	Mon	4:15-5:10 pm	\$116	\$111

Girls 6-8 Weekly lesson plans will be designed to meet the needs and skills of each child. Students will work on all apparatus.

Act #I	Act #II	Day	Time	NR	Res Disc
111904A	111904AA	Mon	5:45-7:10 pm	\$156	\$151
111904B	111904BB	Wed	6:30-7:55 pm	\$156	\$151
111904C	111904CC	Mon	4:15-5:40 pm	\$156	\$151

Girls 9 and older - Weekly lesson plans designed to meet the needs and skills of each child. Students will work on all apparatus.

	Act #II		Time	NR	Res Disc
111909A	111909AA	Mon	7:15-8:40 pm	\$156	\$151

Cheernastics!

Our focus is on tumbling, stunting, jumps, dance and cheer fundamentals. This class will learn a mini-routine to showcase at the end of each 8-week session.

Fee: \$116 Res Disc: \$111

Act I #	Act #II 111911AA	Age	Day	Time
111911A	111911AA	3-6	Tue	4:30-5:25 pm
111911B	111911BB	7 and up	Tue	5:30-6:25 pm

2nd Annual Holiday Intergenerational Pickleball Festival

Sunday, December 27 6-9pm

Troy Community Center Gym

There must be 20 years between two players current age as of Dec 27, 2009. Competitive and recreational divisions.

Fee: \$15/person Resident Discount: \$13/person

Competitive: Act #148998M Recreational: Act #148998N

Round robin play. Teams will be assigned courts by blind draw. T-shirts for all participants and awards for 1st and 2nd place. All teams guaranteed 3 games to 15 pts. Games will be self officiated with exception of playoff games.

Register online at: www.troymi.gov/parksandreconline
or in person at the Troy Community Center
3179 Livernois Rd

Holiday Smash Pickleball Tournament



Sunday, Dec 20 4-9 pm

Troy Community Center Gym

Men's, Women's, and Co-ed Doubles divisions

Age Brackets: 50+ division 65+ division **Fee:** \$15/person Resident Discount: \$13/person

Men's Act #148998J Women's Act #148998K Coed Act #148998L

Each team is guaranteed 3 games to 15pts. T-shirts for all participants and awards for 1st and 2nd place in each division. Games will be self officiated with exception of playoff games.

Register in person at the Troy Community Center 3179 Livernois or online at www.troymi.gov/parksandreconline

248.524.3484 Sports





Sanctuary Lake Golf Academy

Sanctuary Lake Golf Academy has moved to our indoor training facilities for the winter months. A wide variety of instructional programs are offered for the beginner to the accomplished amateur competitor. For a different time or day, private lesson or would like to form your own group, please contact Sanctuary Lake Golf Academy at 248.619.7668, cell 248.563.3561, or e-mail us at pwtoski@aol.com

Junior Golf Clinics: Ages 7-17

These clinics are designed for juniors who want to learn the games fundamentals and for those who already play and want to take their game to the next level. The clinic consist of four 1-hour sessions. All aspects of the game are covered. Students will receive video and computer analysis as well as specific plan for improvement. Clubs are provided. This clinic is limited to four students per session. Fee: \$106; Res Disc \$101 - 4 weeks

Location: Troy Community Center, 3179 Livernois Rd, Troy

Instructor: Paul Toski and PGA Professionals from Sanctuary Lake Golf Academy.

Act#	Day	Time	Begins	Ends			
114002A	Sat	1 pm	Dec 5	Jan 2*			
114002B	Sat	2 pm	Dec 5	Jan 2*			
114002C	Sun	2 pm	Dec 6	Jan 3*			
114002D	Sun	3 pm	Dec 6	Jan 3*			
114002E	Mon	4 pm	Dec 7	Dec 28			
114002F	Mon	5 pm	Dec 7	Dec 28			
114002G	Mon	4 pm	Jan 11	Feb 1			
114002H	Mon	5 pm	Jan 11	Feb 1			
114002II 114002I	Sat	1 pm	Jan 16	Feb 6			
114002J	Sat	2 pm	Jan 16	Feb 6			
1140025 114002K	Sun	2 pm	Jan 17	Feb 7			
114002K 114002L	Sun	3 pm	Jan 17	Feb 7			
114002L 114002M	Mon	4 pm	Feb 8	Mar 1			
114002NI 114002N	Mon	5 pm	Feb 8	Mar 1			
114002IN 114002O	Sat	1 pm	Feb 13	Mar 6			
114002O 114002P	Sat	-	Feb 13	Mar 6			
114002P 114002Q		2 pm		Mar 6			
•	Sat	3 pm	Feb 13				
114002R	Sun	2 pm	Feb 14	Mar 7			
114002S	Sun	3 pm	Feb 14	Mar 7			
114002T	Mon	4 pm	Mar 8	Mar 29			
114002U	Mon	5 pm	Mar 8	Mar 29			
114002V	Sat	1 pm	Mar 13	Apr 3			
114002W	Sat	2 pm	Mar 13	Apr 3			
114002X	Sat	3 pm	Mar 13	Apr 3			
114002Y	Sun	2 pm	Mar 14	Apr 11**			
114002Z	Sun	3 pm	Mar 14	Apr 11**			
*No class 12/26, 12/27; **No Class 4/4							

Make up dates are available; for additional dates and times please contact Sanctuary Lake Golf Academy

Adult Golf Clinics

This clinic is designed for beginners and high handicappers who want to learn the game fundamentals in a fun and friendly environment. The clinic consists of four 1-hour sessions. All aspects of the game are covered. Students will receive video and computer analysis as well as a specific plan for improvement. Clubs are provided. The clinic is limited to three students per session. Balls are included Fee: \$126; Res Disc \$121 - 4 weeks

Location: Troy Community Center, 3179 Livernois Rd, Troy

Instructor: Paul Toski and PGA Professionals from Sanctuary Lake Golf Academy.

Act#	Day	Time	Begins	Ends
114001A	Sat	10 am	Dec 5	Jan 2*
114001B	Sat	11 am	Dec 5	Jan 2*
114001C	Sun	12 pm	Dec 6	Jan 3*
114001D	Sun	1 pm	Dec 6	Jan 3*
114001E	Mon	1 pm	Dec 7	Dec 28
114001F	Mon	6 pm	Dec 7	Dec 28
114001G	Mon	7 pm	Dec 7	Dec 28
114001H	Mon	1 pm	Jan 11	Feb 1
114001I	Mon	6 pm	Jan 11	Feb 3
114001J	Mon	7 pm	Jan 11	Feb 3
114001K	Sat	10 am	Jan 16	Feb 6
114001L	Sat	11 am	Jan 16	Feb 6
114001M	Sun	12 pm	Jan 17	Feb 7
114001N	Sun	1 pm	Jan 17	Feb 7
114001O	Mon	1 pm	Feb 8	Mar 1
114001P	Mon	6 pm	Feb 10	Mar 10
114001Q	Mon	7 pm	Feb 10	Mar 10
114001R	Sat	10 am	Feb 13	Mar 6
114001S	Sat	11 am	Feb 13	Mar 6
114001T	Sun	12 pm	Feb 14	Mar 7
114001U	Sun	1 pm	Feb 14	Mar 7
114001V	Mon	1 pm	Mar 9	Mar 29
114001W	Mon	6 pm	Mar 9	Mar 29
114001X	Sat	10 am	Mar 13	Apr 3
114001Y	Sat	11 am	Mar 13	Apr 3
114001Z	Sun	1 pm	Mar 14	Apr 11**

^{*}No class 12/26, 12/27; **No Class 4/4

Make up dates are available; for additional dates and times please contact Sanctuary Lake Golf Academy

Private Instruction

The forty-five minute lesson to improve your choice of a specific area of your game. The lesson includes video/computer analysis and customized practice programs.

Location: Troy Community Center, 3179 Livernois Rd, Troy

Instructor: Paul Toski and PGA Professionals from Sanctuary Lake Golf Academy.

Fees: call or go online at www.troymi.gov/parksandrecoline

Contact Paul Toski at Golf Academy for arrangements. 248.619.7668, 248.563.3561 cell or email at pwtoski@aol.com

PGA Professionals use V-1 digital coaching system with private instruction.

Ice Skating Lessons Troy Sports Center, 1819 East Big Beaver: 248.689.6600

Learn to skate for hockey or figure skating. If you already know how to skate, you can always improve your skills. Each class will have 25 minutes of instruction and 25 minutes of practice without an instructor. All teachers certified by the U.S. Figure Skating Assoc. Students will be divided by age and skill level during the first class. 8-10 students per teacher. Please indicate at registration the last test passed, if any. There will be a one-time annual membership fee (Sept 1-Aug 31) required per new enrollee, payable on the first day, to Troy Academy of Figure Skating. (Includes insurance, handbook, badges and stickers). Students should dress warm; wear gloves, a helmet (bike or hockey) and skates. Skate rental is available for \$3/class.

Christmas Camp (4 days) Fee: \$49; Res Disc: \$44

Act #	Ages	Days	Time	Beg	Ends
142403A	All ages	M-Th	10:10-11 am	Dec 28	Dec 31

Mid-Winter Break Camp (5 days) Fee: \$61; Res Disc: \$56 112403A All ages M-F 10:10-11 am Feb 15 Feb 19

Session 1: 8 weeks - Fee: \$93; Res Disc: \$88

Act#	Ages	Day	Time	Beg	Ends
112401A	3-7 yrs	Mon	5:10-6 pm	Jan 4	Feb 22
112401B	8-adult	Mon	6:10-7 pm	Jan 4	Feb 22
112401C	All ages	Wed	10:10-11 am	Jan 6	Feb 24
112401D	All ages	Wed	1:10-2 pm	Jan 6	Feb 24
112401E	All ages	Wed	6:10-7 pm	Jan 6	Feb 24
112401F	3-7 yrs	Sat	8:40-9:30 am	Jan 2	Feb 20
112401G	8-adult	Sat	9:40-10:30 am	Jan 2	Feb 20

Session 2: 8 weeks - Fee: \$93; Res Disc: \$88 (no classes 4/5 & 4/7)

Act#	Ages	Day	Time	Beg	Ends
112401H	3-7 yrs	Mon	5:10-6 pm	Mar 1	Apr 26
112401J	8-adult	Mon	6:10-7 pm	Mar 1	Apr 26
112401K	All ages	Wed	10:10-11 am	Mar 3	Apr 28
112401L	All ages	Wed	1:10-2 pm	Mar 3	Apr 28
112401M	All ages	Wed	6:10-7 pm	Mar 3	Apr 28
112401N	3-7 yrs*	Sat	8:40-9:30 am	Feb 27	Apr 10
1124010	8-adult*	Sat	9:40-10:30 am	Feb 27	Apr 10
.1. 7		_	402 B B: 45	-	

^{*}classes are 7 weeks-Fee: \$82; Res Disc: \$77



Youth Winter Break Tennis Camps

Instructor: Scott Ransome
Instructor to student ratio: 1:6; Minimum: 4
Location: Troy Racquet Club

Session: (6 days - M,Tu,W) Dec 21, 22, 23, 28, 29, 30

Act #	Class	Time	NR/R
142311A	Beg (6-10)	9-10 am	\$96/\$91
142311B	Adv Beg (10-14)	10-11 am	\$96/\$91
142311C	HS-JV	11-12:30 pm	\$138/\$133

Spring Break Golf Camp

This two-day (four-hour) golf camp is designed for junior golfers at all playing levels. This camp is for those junior golfers interested in receiving instruction on all aspects of the game in a fun and friendly environment. Clubs are provided. Class is limited to 20 golfers per session. Practice balls are included.

Location: Sanctuary Lake Golf Academy

Instructor: Paul Toski, PGA Professional 248.619.7668

Ages: 8-17 **Fee:** \$56; Res Disc \$51

Act #	Day	Time	Begins	Ends
114007A	Mon and Tues	1-3 pm	Apr 5	Apr 6
114007B	Wed and Thurs	1-3 pm	Apr 7	Apr 8

Future Star Soccer: Grades K-3

Kindergarten and 1st Grade Indoor Soccer League

This indoor soccer league will give kindergarten and 1st grade boys and girls the chance to play an organized indoor soccer game each week with experienced coaches. Director Philip Douse will oversee all games throughout the season. No prior experience is required for participation. Games will be Sunday mornings at 9 am, 10 am, and 11 am.

NEW! - 2nd and 3rd Grade Indoor Soccer League

This is an expansion of the popular Sunday morning kindergarten and 1st grade Future Star Soccer indoor instructional league. 2nd and 3rd graders can now play indoor soccer games each Sunday under the direction of coaches Philip Douse and Alex Eve. Games will be Sunday afternoons at 12 pm, 1 pm, and 2 pm.

Both K-1 and 2-3 grades are set up as follows: The first meeting of seven meetings will be used as an evaluation/fun soccer session with the intention of dividing up the registered children onto equal teams of 12. Skill development, not winning will be stressed. Schedules will be done after the evaluation then placed on the web site (www.futurestarsports. com) for easy access, giving all families the six-game season schedule. Parents interested in having children placed on the same team will need to e-mail Philip at Philip@futurestarsports.com. All teams will receive matching game t-shirts in week two.

Location: Troy Community Center Gym

Winter Session: Jan 10-Feb 28 - no program 2/14

Act#	Grades	Day	Time	Fee	Res Disc
116701A	K-1	Sun	varies	\$95	\$90
116701B	2-3	Sun	varies	\$95	\$90

Spring Session: March 7-April 25 - no program 4/4

Act#	Grades	Day	Time	Fee	Res Disc
126702A	K-1	Sun	varies	\$95	\$90
126702 B	2-3	Sun	varies	\$95	\$90

Lacrosse for Boys and Girls

Boys 5th- 8th grade

Competitive lacrosse for 5th-8th grade boys will be offered this spring. Teams will play with nearby communities. Basic offensive and defensive skills will be taught as well as team play. Practices are planned for three weeks, March 8-25. Ten game season. Practices and games will be held Monday-Thursday from 5:30-7 pm at Firefighters Park for 5th-6th graders and 6-7:30 pm for 7th-8th grade boys.

Girls 6th-8th grade

Entering our sixth season, develop basic skills and learn how to play the fastest growing sport. Games are played with nearby communities. Equipment required: stick, protective eyewear and mouth guard. Practice days and time, to be determined. Practice begins March 9. Competitive games begin in April against nearby school teams. Practices 5:30-7 pm Monday, Wednesday and Friday. All practices and home games at Boulan Park.

General Information

A parent/player orientation meeting will be held on Monday, February 8 at Troy Community Center. Boys 5th-6th: 6-7 pm; Boys 7th-8th: 7-8pm; Girls 6th-8th: 6:30-7:30 pm

Coaches:

Dan Boyton and Andy Boeve: 5th-8th grade boys Scott Johnson and Vikki Wallace: 6th-8th grade girls

NOTE: Players from 2009 are guaranteed a spot if registered before November 25, in person at the Community Center. Registration is limited.

Equipment: Boys – helmet, gloves, shoulder and arm pad, and stick must be purchased; cost approximately \$200. Girls – Goggles, mouth guard and stick; cost under \$100. Available at local sporting goods stores.

Fee: \$225 (includes jersey and shorts)

Troy School of choice non-residents pay an additional \$10

Davs: Monday-Thursday: boys

Monday, Wednesday and Friday: girls

Time: Practice and game times vary

Session: March 9-June 7

Act#	Gender	Grade
114095A	Boys	5th-6th
114095B	Boys	7th-8th
114095C	Girls	6th-8th

Register for these classes online at:

www.troymi.gov/parksandreconline beginning December 1 at 8 am; more registration details on page 83.



Lacrosse for Beginners

A beginner skills clinic for the new player. Learn the basic skills required to play the game of lacrosse. Taught by experienced coaches, this course focuses on passing, catching, scooping and dynamic ball carry. Fee includes lacrosse stick. Equipment required-mouth guard. Players grouped by gender and age.

Weeks: 8 **Grades:** K-8 **Fee:** \$206 Res Disc: \$201

Location: All American Lacrosse at Ultimate Soccer Arena 867 South Blvd, Pontiac

Act#	Day	Gender	Time	Session Dates			
114050A	Thur	Male	4:30-5:30 pm	Jan 21-Mar 11			
114050B	Thur	Female	4:30-5:30 pm	Jan 21-Mar 11			
114050C	Sat	Male	9-10 am	Jan 16-Mar 13*			
114050D	Sat	Female	9-10 am	Jan 16-Mar 13*			
*No program Feb 13							

Complete Athletic Development

What is the answer to attaining your athletic potential? Bigger biceps, quads and pecs are not the answer! The answer is greater core strength, better balance and flexibility, and the ability to command explosive movements that boost 1st step quickness, the ability to make precise cuts and change direction quickly. You will learn to refine movement and explore potential. Fee is for two times per week for 4 weeks. *Please call Phil Loomis, Personal Trainer at 248.526.2657 x2 before you register.*

Trainer: Phil Loomis

Act#		Dates	Time	Fee	Res Disc
116604D			varies		
116604E	14 and over	varies	varies	\$104	\$99



Get Some "Face" Time

Become a fan of Troy Parks and Recreation on facebook. Keep up to date with the latest events and happenings. Easy to connect, sign up at <u>facebook.com</u>. Type in Troy Parks and Recreation in the search box and "become a fan."